

1. A device to enable a user to move a toilet seat from an up position to a down position, the device comprising:
 - a connection mechanism to connect the device to the toilet seat;
 - a handle; and
 - a pivoting assembly coupled to the connection mechanism and the handle, the pivoting assembly to permit the handle to pivot relative to the toilet seat.
2. The device of claim 1, further comprising an extension that separates the handle from the seat.
3. The device of claim 2, wherein the extension dips down at one end and angles upward in the other.
4. The device of claim 2, wherein the extension is between 1 and 12 inches in length.
5. The device of claim 4, wherein the extension is between 7 and 8 inches in length.
6. The device of claim 4, wherein the pivoting assembly comprises a rod connected to the handle that rotates within a bored hole.

7. A toilet seat, comprising:
- a seat;
 - an extension that radially extends from the seat;
 - a handle; and
 - a pivoting assembly coupled to the extension and the handle, the pivoting assembly to permit the handle to pivot relative to the toilet seat.
8. The seat of claim 7, wherein the extension dips down at one end and angles upward in the other.
9. The seat of claim 7, wherein the extension is between 1 and 12 inches in length.
10. The seat of claim 9, wherein the extension is between 7 and 8 inches in length.
11. The seat of claim 7, wherein the pivoting assembly comprises a rod connected to the handle that rotates within a bored hole.
12. A method of adjusting the position of a toilet seat from between an up position and a down position, the method comprising:
- manipulating a handle coupled to the toilet seat, the angle between the handle and the toilet seat varying during the adjusting.

13. The method of claim 12, wherein the handle is coupled to the toilet seat via an extension.

14. The method of claim 13, wherein the handle is coupled to the toilet seat via a pivoting assembly.